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SENATOR PLAYS OFFENCE:
'ONE CHEQUE FROM
NIGEL WRIGHT?
NO, LADIES AND
GENTLEMEN, THERE
WERE TWO CHEQUES'

PAGE 8

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PROUD MAYOR, PROUDER MOM

Nury Nenshi looks over her son, Mayor Naheed Nenshi, after placing the chain of office around his neck following his swearing-in ceremony in council chambers Monday night. Story, page 3.

ROBSON FLETCHER/METRO

School sponsor deal came under fire from trustees

Corporation concerns.
CBE trustee calls for
'clearer processes'



**JEREMY
NOLAÏS**
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Calgary public school trustees met privately in August amid fears they were being shut out of contentious discussions over allowing corporations to name areas within city schools, Metro has learned.

The meeting, convened by trustee Joy Bowen-Eyre, specifically addressed an agreement that would have seen Festo Canada, an automated technology supplier, sponsor an engineering suite at Lord Shaughnessy High School.

Sources told Metro that CBE administrators signed a contract with Festo last year that would see the school's engineering suite named in exchange for robotics equipment, training and travel opportunities for board representatives.

Cathy Faber, the CBE's superintendent for learning innovation, who headed up negotiations with corporations, would not provide the original contract but said in an interview the total estimated value of Festo's

contribution was more than \$250,000.

But then Faber said the amount of money "shifted."

An amended contract obtained by Metro specifies a total donation of \$157,338, but does not include a formal suite naming. It does, however, grant Festo "named recognition" in the Shaughnessy engineering area and the school's west foyer.

Still, some trustees have quietly continued to question whether administration ignored the CBE's own rules by going ahead with that and other contracts without first receiving approval from trustees themselves.

Bowen-Eyre received support from three fellow trustees sharing similar concerns — a majority of the seven representatives must agree to an impromptu meeting for it to take place.

Reached last week, Bowen-Eyre declined to discuss specifics of the meeting, but offered little reassurance that her concerns had been addressed.

"I think Calgary Board of Education needs to have a good conversation, once again, with the public to find out what the public feels on how we should go about corporate partnerships, donors and naming rights," she said.

"In the meantime," she added, "I think CBE needs clearer processes in place

in terms of receiving donors and going ahead about naming rights. We've got that clear but it doesn't seem to be a good process."

But Faber insists the board complied fully with regulations, adding that while she had not been made aware of the specifics of trustee concerns the original contract always hinged on their approval.

She confirmed the possibility of "naming rights" was broached with Festo, but it was never a primary concern for the technology provider.

"What they said is, 'When you recognize your partners ... just put us in the mix — we want our name there, we want a presence there, just put us up with all the rest of them,'" she said.

Shaughnessy has been considered prime ground for partnering with corporations as the CBE has moved to turn the building into a hub for career and technology studies that will draw in kids from other area schools for a portion of their studies.

On the web

For more information and a copy of the amended Festo contract and signage, head to metronews.ca.



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AHS. New CEO targets kids' mental-health issues

Alberta's new frontline health boss says he's appalled by efforts to combat children's mental-health issues and he plans to push forward early intervention strategies.

Duncan Campbell outlined his chief concerns after being named acting CEO of Alberta Health Services.

In an interview, Campbell highlighted past difficulties trying to integrate street junkies from Vancouver's notorious Downtown Eastside back into healthy communities as they aged.

"If we don't deal with early intervention the whole health system pays for it later," he recently told Metro. "Quite frankly, I'm quite appalled by the system we have currently in Alberta."

"We can do a lot better. You'll see that."

In broad strokes, Campbell said his plan involves better aligning systems, providing a single access point into the system and doling out more funding for computers and facilities. He also stressed the need to partner with non-profit groups.

Only 17 per cent of 165 psychiatrists in the Calgary health zone specialized in treating children and adolescents, according to a 2012 AHS report. The report's author previously told Metro that number should be above 40 per cent.

Duncan's pledge came as "refreshing" news to Anne Darragh at The Alex Community Health Centre in Calgary, a physician who encounters several "barriers" in trying to get youth access to mental health services.

BRYAN WEISMILLER/METRO

Alta. wades into sticky territory

Buttholiosis. Dickitis. Vagflu-enza.

An edgy Alberta Health campaign hopes these raunchy terms spur young lovebirds to examine their bedroom habits.

"Whatever name you call them, sex germs are dangerous. Protect yourself," reads copy posted on SexGerms.com.

Alberta's chief medical officer of health, Dr. James Talbot, noted the health department faces stiff competition online in reaching 15- to 35-year-old eyeballs. He said the campaign has to stand out from the celebrity blather and social media hub-bub without going too far.

"We're looking for the sweet spot that brings it to people's

attention but also make it clear what they can do about it," said Talbot. "The audience seems to like the edginess."

It's too early to tell if the latest bid for awareness will have the same effect combating gonorrhoea cases as the similarly provocative PlentyofSyph.com did in turning around once-rising syphilis rates, he added.

Prof. Rebecca Sullivan lauded the campaign for pushing beyond straitlaced no-sex-before-marriage-or-love messaging of old and firing up discussions between people more likely having risky sex.

However, she contended the campaign could've been even



A screenshot of SexGerms.com, part of a \$1.6-million campaign by Alberta Health. It aims to combat the rising number of gonorrhoea cases. SCREENSHOT

"bolder," and reached a wider market by appealing to same-sex couples and a more diverse crowd. "Has it gone too far? No, it hasn't gone far enough," said Sullivan, director of the

newly relaunched Institute for Gender Research at the University of Calgary. "It's still quite relational and very white and heteronormative."

BRYAN WEISMILLER/METRO

New council members look to turn the page

Overcoming campaign conflict. Unlike previous councils, this one will serve for 4 years before next election

Wise words

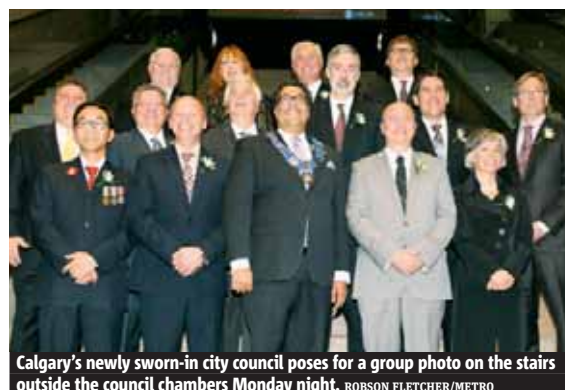
"Work hard. Be thoughtful. Be intelligent. And be yourself."

Ward 8 Coun. Evan Woolley, on the best political advice he's received, which came from his mother

Nenshi said it's time to focus on the future, rather than the past.

That sentiment was echoed by Ward 4 Coun. Sean Chu, whom Nenshi criticized during the campaign for not disclosing his donors.

"The first thing I did (after being elected) was I reached out to the community who, as you know, spoke against me," Chu said. "I asked them: Let's work together on the issues the community is facing. I'm here for everybody."



Calgary's newly sworn-in city council poses for a group photo on the stairs outside the council chambers Monday night. ROBSON FLETCHER/METRO

Ward 2 Coun. Joe Magliocca, another candidate who didn't see eye-to-eye with Nenshi during the campaign, said he met with the mayor Monday afternoon to smooth things over.

"Let's get real. We all take

cheap shots at each other," Magliocca said. "But we're going to leave that at the front door of city hall and when we come inside, we're all going to make the city a better place."

BRYAN WEISMILLER/METRO

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Parent 'blown away' as bawdy house shut down just metres from daycare

Investigation.

Massage parlour had caused issues for over a decade: Police



JEREMY NOLAIS

jeremy.nola@metronews.ca

Law-enforcement agencies have obtained an order believed to be a Canadian first to shut a suspected bawdy house located just metres from a daycare and one block from a southeast Calgary school.

The business, Paradise Spa, located at 3115-34 Ave. S.E. has been a problem venue for more than a decade, police said.

Now, the order will see the business closed for 30 days and then only repurposed and reopened with approval from police.

But while residents and visitors to the strip mall commended police efforts, they

City issue

Investigator Glenn Stuart said it's believed 150 businesses are involved in prostitution at any given time in Calgary. He conceded officers don't have the resources to deal with them all.

couldn't help but express shock at the revelation.

"I am blown away," said Thomas An, who's been dropping off his two kids at the daycare just two businesses down from the shady massage parlour for months. "I have seen some loud and obnoxious people, but I just suspected it was the bar (located next to the parlour)."

Glenn Stuart, an investigator with the Alberta Law Enforcement Response Teams (ALERT), said charges had already been laid in the past against people operating Paradise Spa, but problems persisted. He said while police deal with criminal



Investigator Glenn Stuart discusses the details of a shutdown order against a southeast Calgary massage parlour that police allege had been operating as a hub for prostitution. JEREMY NOLAIS/METRO

complaints against people, ALERT's Safer Communities and Neighbourhoods Unit targets "problem properties" involved in illegal activity.

"There's a lot of good

people that live in these communities and they don't deserve to have to live beside this," he said.

Kids travelling to and from a nearby school use the alley

behind the massage parlour. A search of trash stashed back there turned up used condoms, various wipes and other products related to sex-trade work, Stuart said.

New runway expected to reduce incursions: NAV Canada



Planes sit at a terminal at the Calgary International Airport. The airport plans to open a new parallel runway next year and a new international terminal in 2015. METRO FILE

The spike in "runway incursions" this year at Calgary International Airport is partly related to construction activity related to the new runway being built, according to Canada's civil air-navigation services provider.

"There's a number of factors why it increased — it's not one thing," Ron Singer of NAV Canada said Monday. "Part of it was the construction: Some runways were closed, there was the relocation of the new tower. It's something that we've noticed and we've paid

attention to."

As Metro previously reported, there have been 30 instances of a plane, vehicle or person ending up on an active runway so far this year, sometimes leading to an aborted landing. That's up from 18 during the same period in 2012 and four in 2011.

"None of them were particularly dangerous situations, but even small little incursions are reported," Singer said. "We pay attention to it and we notice even small trends."

Airport spokesperson Jody

Mosely said when the new runway opens, which is expected to happen in May 2014, it will be made available for all departing and arriving aircraft.

"All of the runways are used, depending on wind," she said.

Singer said "it probably will reduce the number (of incursions) once we have the new runway."

He noted the increase this year is small relative to the roughly 250,000 annual aircraft movements at Calgary International.

ROBSON FLETCHER/METRO

City charters

Nenshi, Griffiths, square off again

Minutes after being sworn in Monday night for a second term in office, Mayor Naheed Nenshi found himself on familiar ground — embroiled in conflict with Municipal Affairs Minister Doug Griffiths over the prospect of giving more power to Alberta's two biggest cities.

Earlier in the day, Griffiths told reporters he is looking to agree on "civic charters" with any Alberta municipalities that are interested in such a deal — not just Calgary and Edmonton.

"I'm frankly now disappointed when it's always referenced as a 'big city charter,'" Griffiths said. "There's opportunities for cities like Red Deer, Lethbridge, and Fort McMurray — cities that aren't big cities but cities, nonetheless."

Nenshi said he found Griffiths comments perplexing.

"It's a little bit confusing, to be honest, because the minister really hasn't been part of the conversation," Nenshi said, referring to his recent meeting on the matter with Premier Alison Redford.

"The only cities that have been a part of the conversation so far have been Calgary and Edmonton," Nenshi added. "If the minister cares to have conversations with other cities, he could, but that's not part of this discussion."

Nenshi said he plans to bring a new memorandum of understanding to council "very quickly" and expects the framework of a charter could be signed with the province by the end of the year.

ROBSON FLETCHER/METRO



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Change requires cash: Departing CBE trustees

Advancing education.
New board to be sworn in Tuesday



JEREMY NOLAIS
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Changes to curriculum, student assessment and the way high school as a whole is delivered are on the table in Alberta, but two departing

Calgary trustees are quick to question who's picking up the bill for such changes.

In recent months, Calgary Board of Education officials have looked at remodelling report cards and have also begun to set in motion changes that will make high school less focused on time and the offerings in one building.

But Carol Bazinet, who will officially bow out Tuesday after a decade-long run as trustee for Wards 12 and 14, said one con-



Carol Bazinet
METRO FILE

cern not being addressed is who will pay the costs for additional transportation required with the new high-school model and other changes

being put forward. "When you do something like that, the costs go up in the beginning and then potentially

go down in the long-term," Bazinet said of the high-school shift.

Pat Cochrane, meanwhile, will also end her trustee tenure Tuesday after first being elected in Wards 8 and 9 in 1999.

She said the changes being proposed are necessary but echoed concerns about provincial funding. In recent weeks, reports have surfaced of 40 or more high-school students crammed into classrooms. She noted the CBE also used up

reserve funding it had during spring budgeting.

"You think this year is bad? If the province doesn't up funding and then wants all these new things in place and they still haven't reviewed our metro transportation formula ... it's going to be a real struggle," she said. "It isn't that the CBE can't manage its money; it's that it's being expected to do miracles with the small amount of money we get."

The province reiterated Tuesday that it has "fully funded enrolment for the 2013-2014 school year."

"Every new student is funded this school year, which will amount to over \$100 (million) in additional per-student funding," read a statement from the ministry.



Pat Cochrane
METRO FILE



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Flood-struck Alberta still rebuilding 130 days later

\$170M

Disaster aid shelled out to 14 municipalities and two First Nations in the wake of June's historic floods

\$14.1M

Paid out to flood-affected Albertans in 2,700 payments

9,100

Albertans who've applied for disaster recovery aid

2,500

Applications for disaster aid stuck in limbo until insurance companies provide an assessment

183

Property owners have not expressed interest in moving out of the floodway and therefore will not qualify for future flood-relief cash

250-400

Calls fielded by flood-line operators daily. More than 23,000 calls were received in the first 100 days after the flood

Two of three

Kids in bus crash to leave hospital

Two of three children are well enough to leave hospital following last week's school bus crash in southern Alberta.

Crossfield Mayor Nathan Anderson said Monday the pair are doing so well they may even be home already.

The third child, a five-year-old boy, is also continuing to improve.

THE CANADIAN PRESS

Flood relief. Ottawa, Alta. half a billion dollars apart

The provincial and federal governments appeared to be \$500 million apart Monday when it comes to how much Ottawa should pay to cover flood damages related to Alberta's June flooding.

Finance Minister Jim Flaherty said the federal government expects to contribute \$2.6 billion, but Municipal Affairs Minister Doug Griffiths offered a different number.

"My calculations said \$3.1 (billion)," Griffiths told reporters Monday. "But I will definitely be in touch with (Flaherty) and we'll compare notes."

He assured that "the numbers are still fluid."

"Frankly, I'm pretty excited that we're within half a billion dollars," Griffiths added. "That's a good place to start, and we'll go on from there." **ROBSON FLETCHER/METRO**

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to

Washington to demand answers.

THE ASSOCIATED PRESS



A man talks on the phone in Barcelona earlier this year — was someone else listening?

MANU FERNANDEZ/AP FILE

Wedding crasher

Man steals wedding gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off

with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build.

THE ASSOCIATED PRESS

G.I. Joe bodies: Soldiers who fail fat test seek lipo



An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNEZI/THE ASSOCIATED PRESS

Extra pressure. Service members say they are under extreme scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war

about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked



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Cheque again: Duffy claims Tory lawyer covered \$13K in legal fees

Fuelling the inferno

Stephen Harper has steadfastly maintained he knew nothing of Nigel Wright's largesse, but the circle of PMO and party insiders who were in on the deal appears to keep growing. And Mike Duffy keeps fanning the flames.

- "I've never seen a cheque from Nigel Wright," Duffy noted, almost as an aside Monday. "But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."
- Duffy alleged — while conceding he could not prove — that the funds for his legal fees came from the Conservative party and thus from the pockets of the same party donors that the PMO was attempting to dupe and placate.
- Duffy laid the blame directly on Harper, saying, "This was all part of his strategy, negotiated by his lawyers and the Conservative party's lawyers, to make a political situation embarrassing to his base go away."
- Duffy said the PMO "rehearsed with me, right up until minutes before I went on television, the lines I would use in the media."



Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Cue the audible gasp

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

Sen. Mike Duffy

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The \$90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled

from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal

disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of \$13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting

\$90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright ar-

ranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

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A hospital staffer's sign: "Guarantee medical workers safety" during a protest in Wenling Monday. THE ASSOCIATED PRESS

Hospital medics in China angry

Wenling. Patient stabbed three doctors, killing one; such attacks are on the rise; hospital workers want safety guarantees

Quote

"Once the medical system decides that its aim is to make money, patients will not trust doctors anymore."

Said Liu Jitong, a public health expert at Peking University. Some experts blame an increase in attacks on the commercialization of health services.

Several hundred hospital workers in white coats and surgical masks staged a rare protest in eastern China against attacks on medical workers after a patient stabbed three doctors at a hospital, killing one.

The staffers assembled Monday outside the Wenling City No. 1 People's Hospital hoisting signs that said "up-

hold justice" and "guarantee medical staffers' safety."

"We are still protesting and demanding that the government and the hospital management ensure the safety of the doctors," said a woman who refused to give her name when reached at

the emergency department.

The protest came after a knife-wielding patient, being treated in emergency, stabbed the three doctors on Friday.

Dr. Wang Yunjie died while the other two were wounded, police said.

Attacks on hospital staff by patients are increasingly common in China.

Experts says that overcrowded facilities and medical corruption can fuel frustration that sometimes boils over into violence.

Photos of the protesting staffers in some images featuring rows of white lab coats facing off with black uniformed riot police circulated widely. THE ASSOCIATED PRESS



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Tim Hortons tests out first new coffee blend since 1964

Change percolating. Iconic coffee-shop chain wants to appeal to today's consumers, who are 'more educated' about their morning cup

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London, Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love



Amid stiff competition, Tim Hortons is testing a dark roast blend. TIM HORTONS

the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president, beverages, Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated.

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

In November 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

TORSTAR NEWS SERVICE



Phone hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter.

Matt Wood was reportedly fired after clocking in late for lunches.

THE ASSOCIATED PRESS

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Concern over cellphone use

A safety advocacy group says Health Canada is ignoring science that shows some Canadians are getting sick from using cellphones and other wireless technology.

Canadians for Safe Technology says they've obtained documents showing the government is controlling a so-called independent review of radiation from cell phones, cell towers and Wi-Fi.

The Royal Society of Canada is holding public meetings in Ottawa to hear from

people who say they suffer negative health effects from using wireless devices.

Some of the symptoms reported include insomnia, heart palpitations and headaches.

Frank Clegg, the CEO of Canadians for Safe Technology, says the Royal Society's review panel has too many members who are beholden to the wireless industry.

In July, panel

chairman Daniel Krewski resigned over a conflict.

Two other panel members were replaced last month when a new chair was named.

In its most recent posting online, Health Canada says a consensus among scientists indicates that radiation from cellphone towers is too low to cause adverse health effects in humans.

THE CANADIAN PRESS



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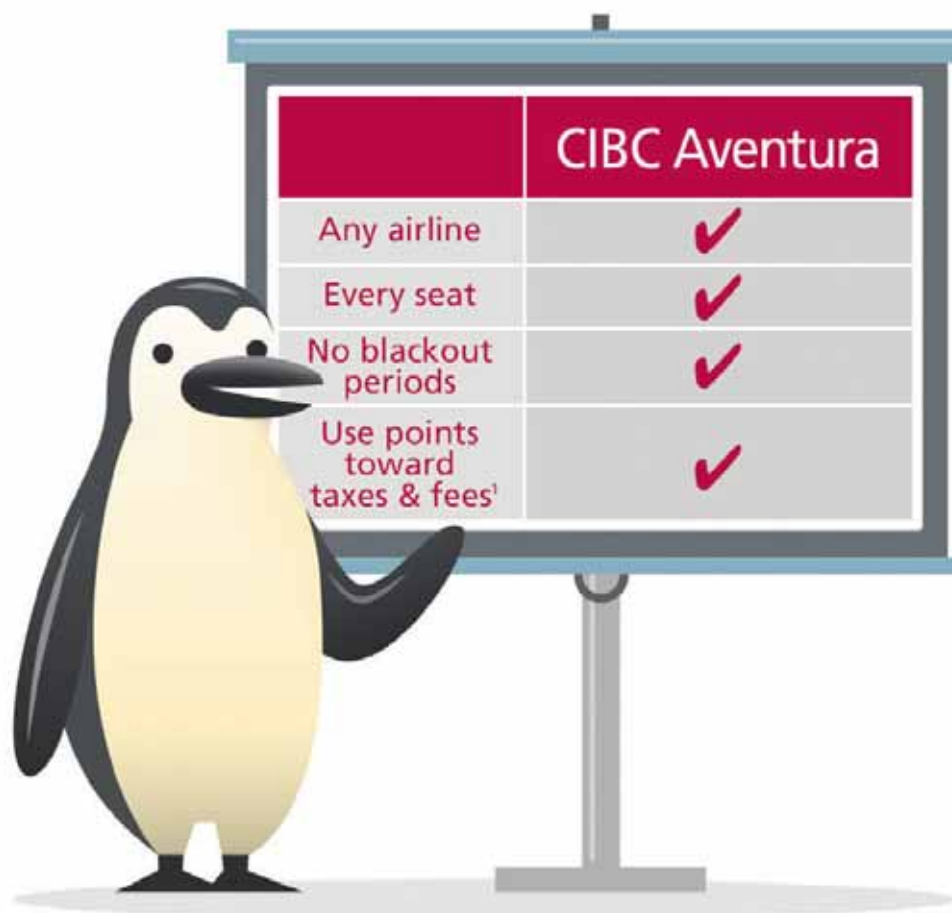
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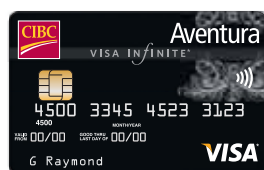
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GENERATION INSTAGRAM POPS THE Q

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple, and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the moment.

Asking someone to marry you is nerve-racking enough



SHE SAYS

Jessica Napier

metronews.ca

without thinking about all the logistics involved in co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors

to create a wonderful, personalized proposal, hassle-free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to retell to all of your friends and family until the day you're married, so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

This will give you spinal slithers



UJET IFANSASTI / GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. **METRO**

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. **METRO**

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing cham-

ber (-110 C) — but don't get too chilled, as you may well develop hypothermia and die.

- **Orgasm hotel.** The Venus-garden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Douglas Coupland is a bestselling novelist, a visual artist and the author of **TEMP**, an exclusive 20-parts-in-20-days story running in Metro starting Monday. Known for his musings on art, culture and technology, he's been quoted as saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.



ISTOCKIMAGES

Remembering facts:

Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Spinning blarney:

"I write fiction for a living," says Coupland. "Everything can be fact-checked these days and that can be a drag. It's harder to embellish a story."

Being wrong:

There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Sufragette City really means.

Visiting the library:

While libraries certainly do still exist, Coupland says he takes one walk in the stacks for every hundred he used to take.

Twitter



little diced tomato and lots sriracha.

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. **@DougCoupland** wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a

@Gary_Zinck: Have to have my KD with chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

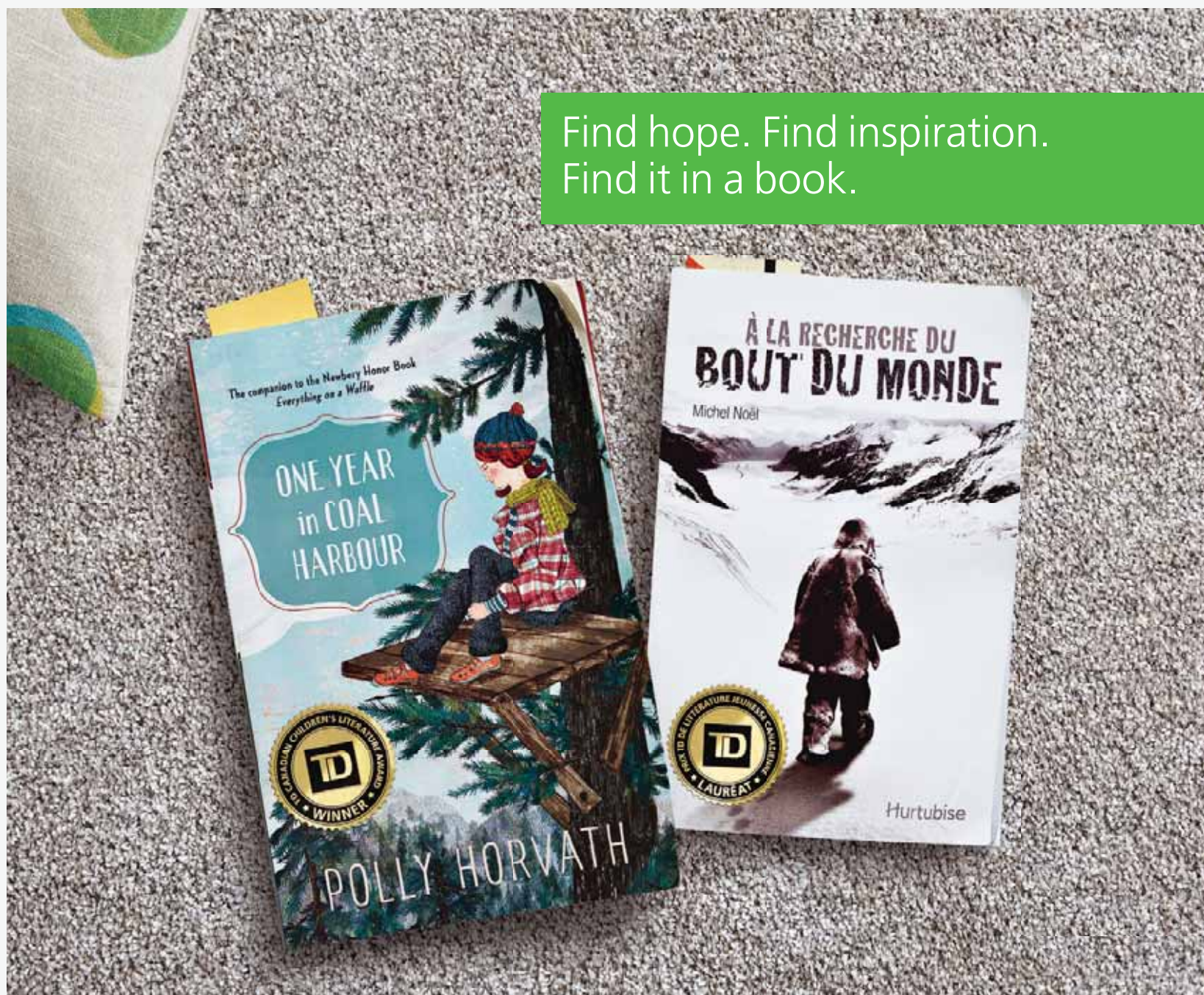
@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE



The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

5

Freaky flicks from Canada



Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.



Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."



Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."



Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

2 SCENE

THE ILLEGAL EATER

TONIGHT 7

WHAT IS STEVEN PAGE GETTING HIMSELF INTO NOW?



Norman Reedus stars in The Walking Dead. CONTRIBUTED

When killing zombies brings you closer to self-actualization

Norman Reedus. The *Walking Dead* star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's *The Walking Dead* — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewer-

ship ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?

The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?

He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead

the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Were you surprised that the show has become such a monster hit?

I knew I had something good with getting on *The Walking Dead*. It's one of those rare cases where everything fits together perfectly. There isn't a weak link in our chain right now and I think we continue to get better and better.

What attracted you to the character as an actor?

Daryl's storyline is different from everyone else. He's blossoming in this world. He can take care of himself. He can hunt and track his own food. He can protect himself but he doesn't have social skills.

I think to watch this man become the guy that he is meant to be is pretty interesting.

Your character is also the most popular with female fans of the show. What do you think the appeal is?

Daryl wears his heart on his sleeve and means what he says. I started to play him at the beginning of the show as ashamed of what he was. He wouldn't look the other characters in the eyes; he would stare down at the ground. But now he's becoming this man that he can be proud of. I think that's why he's gotten the response that he has.

There's a lot of blood on the show. Are you squeamish about blood personally? Has this changed that?

I've been in 40-something films and I think I've killed someone or gotten killed in all of them. No, usually when we are filming, I'm the most soaked person on the set.

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Perry to fellow pop stars: Cover up already!



Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Ricci gets a ring on it

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series Pan Am in 2011.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Claire magazine that while

she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON

Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that



Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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3
LIFE

Half off

**Half Off:
Healthy
messages**

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

For Ciecwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLYA VAN
BUUREN/
FOR METRO



Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA
CLARKE
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.



If you want to get cut, you have to put in the work. ISTOCK PHOTOS

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell

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Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.



if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

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Carve a six-pack, get killer pecs and pump those biceps. Here are the moves to get you in God-like shape. For exercises using weights, perform three to four sets of 12 to 15 repetitions. For those using just body weight, perform five sets of 20 to 30 repetitions.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.



Turkish get up

Begin by lying on your back with a dumbbell in hand. Bend your right leg and put it closer to your torso. Keep the left leg straight. Raise the dumbbell over your stomach and punch the dumbbell toward the ceiling. In a full get up you stand all the way up and return to the starting position.



Battle rope toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.



Kettlebell twist

Sit down with your legs bent and your feet flat on the floor, about hip-distance apart. Hold the kettlebell with both hands at the chest, and then lean back to a 45 degree angle. Rotate your torso from left to right, twisting at the waist and swinging the kettlebell across your body. Form is very important.



Men's health

Why won't your man go to the doctor?

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months. Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour. They also found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick ... it's too late," Swartz says.

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Jeepers, creepers where'd you get those meatball peepers?



This recipe makes about 30 meatballs. THE CANADIAN PRESS

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer

pink inside.

5. Serve with pasta sauce, if desired. **THE CANADIAN PRESS/DAIRY FARMERS OF CANADA**

Health Solutions

Surviving Halloween



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kid-dies door to door.

• Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.

• Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.

• Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @

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The boy who cried bully

Term overuse.

Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided vic-

tories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common thanks to national campaigns to draw attention to the real problem of bullying.

THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Smith.

Which is not to say that bullying or other types of personal intimidation don't happen in sports. Rutgers basketball coach Mike Rice was fired for screaming at his players, calling them names and kicking and shoving them.

But under normal circumstances, learning to lose in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas.

Bullies in politics?



In May, U.S. Sen. Harry Reid called Sen. Ted Cruz a "schoolyard bully." He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but

changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, a conservative policy advocacy organization. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."



Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make

another one look bad or a nurse targeted by a superior. "Bullying means intentionality," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it. "They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said. When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down.

Digital demo. Parents are more likely to pony up for tech toys, survey finds



About 41 per cent of parents surveyed said they owned a tablet, versus the 30-per-cent response rate for everybody else. ISTOCK

A new study confirms kids do have it good nowadays, at least when it comes to having access to tech toys. Parents are more likely to purchase smartphones, tablets, video game consoles and subscribe to Netflix than the average consumer, suggests a report by the Media Technology Monitor.

Based on telephone surveys with more than 6,000 anglophone Canadians last fall and this spring, the report found households with children under 18 were more likely to be teeming with digital devices.

About 41 per cent of the parents surveyed said they owned a tablet, versus the 30-per-cent response rate for everyone else.

And three quarters of the parents polled had a smartphone, compared to just over half of the other respondents.

Families were also 70 per cent more likely to be part of the so-called "four screen" trend, with 17 per cent of parents saying they owned a smartphone, tablet, computer and TV that were all connected to the Internet.

Just over a third of the parents said they subscribed to Netflix, compared to about one in four of the consumers polled without kids in their home.

The survey results are considered accurate within 1.2 percentage points 19 times out of 20. THE CANADIAN PRESS

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YOUR MONEY
Alison Griffiths
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How much do you pay for health care every year? If you're an average Canadian it amounts to nearly \$1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over \$1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top \$5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your sav-

ings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.



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NHL

Rookie helps Pens snap losing streak

Pittsburgh rookie Jayson Megna scored his first goal on a deflection after he also earned his first assist, helping the Penguins snap a three-game slide by beating the Carolina Hurricanes 3-1 on Monday night.

Chris Kunitz and Tanner Glass also scored for the Metropolitan Division-leading Penguins. Brooks Orpik had three assists, Crosby added two and Marc-Andre Fleury stopped 20 shots.

THE ASSOCIATED PRESS

Monday night football

Seahawks win defensive battle

Russell Wilson threw two touchdown passes to Golden Tate, and the Seahawks made a dramatic goal-line stand in the final minute to preserve a 14-9 victory over the Rams on Monday night — less than an hour after the Cardinals lost to the Red Sox in the World Series just up the street.

The Seahawks won despite gaining just 135 yards of total offence, 80 of it on Wilson's second TD pass to Tate.

THE ASSOCIATED PRESS

NBA



"It's not like it's unheard of. We all know what it is."

They don't like us, so we don't like them."

LeBron James, whose Miami Heat take on their rival Chicago Bulls in Tuesday's NBA opening-night action.



Red Sox pitcher Jon Lester makes a delivery to the plate during Game 5 of the World Series against the Cardinals on Monday in St. Louis. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Game 5 gem brightens pitcher Lester's lustre

World Series. Red Sox lefty, Ortiz pull team within one win of third title in a decade

Jon Lester pitched the Boston Red Sox within a whisker of yet another World Series championship.

Lester bested Adam Wainwright once again, journeyman David Ross hit a tiebreaking double in the seventh inning and the Red Sox downed the St. Louis Cardinals 3-1 Monday night to take a 3-2 Series edge.

David Ortiz delivered his latest big hit, too, sending this

| Game 5 | |
|---------|-----------|
| 3 | 1 |
| Red Sox | Cardinals |

bearded band of Red Sox back to Fenway Park with a chance to clinch their third crown in a decade. Not since 1918 has Boston won the title at its own ballpark.

John Lackey gets the first chance Wednesday night against St. Louis rookie sensation Michael Wacha. A Cardin-

als win would set up a most spooky proposition for both teams — Game 7 on Halloween night.

Ortiz enjoyed even more success in Game 5 after moving from the cleanup spot to the third slot. He is 11 for 15 (.733) in this Series with two homers, six RBIs and four walks.

Lester enhanced his reputation as an October ace with every pitch. He allowed one run and four hits in 7 2/3 innings, striking out seven without a walk — nearly the same line he had in beating Wainwright in the opener.

"I think the biggest thing is me and Rossy have had a good rhythm," Lester said. "Early on,

we just went back to our game plan from Game 1 and just fell back on that and really just tried to make them swing the bats early, and we were able to do that."

The lefty who's won all three of his career World Series starts had just one scary inning, when Matt Holliday homered in the fourth, Carlos Beltran flied out to the wall and Yadier Molina hit a liner. Other than that, Lester was sharp as a knife.

"He's just a stud," said Ross, the backup catcher who gets paired with Lester. "We rely on him. That's why he's the ace of our staff."

THE ASSOCIATED PRESS

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Ruff'd up: Stars coach gets last laugh in Buffalo

NHL. Dallas head coach gets victory over Sabres on visitors' bench

Dallas Stars coach Lindy Ruff had an opportunity to experience an entire range of emotions in his first trip back to Buffalo to face his former team.

Ruff went from holding back tears during a first-period tribute that culminated in a standing ovation, to feeling anxious after the Stars nearly squandered a three-goal lead. And finally he felt relief after Dallas hung on for a 4-3 victory over the Sabres on Monday night.

"It was kind of a huge relief," Ruff said. "I was really glad once



Stars forward Jamie Benn celebrates Dallas's 4-3 win with goalie Kari Lehtonen on Monday night in Buffalo. THE ASSOCIATED PRESS

the tribute was over. I wanted to get the game over with. A lot of good memories here."

Add another one to the list.

The Sabres' winningest coach came away a victor on the visitors' bench after goalie Kari Lehtonen stopped the final 10 shots he faced to preserve the win.

Tyler Seguin capped a three-goal, first-period outburst, and Jamie Benn's goal midway through the second period stood up as the winner in Ruff's first game against his former team after his 16-year tenure in Buffalo ended with him being fired on Feb. 20.

"Well, we couldn't just give it to him. We had to make sure he earned it," Seguin said, with a smile referring to how close the Stars came to spoiling Ruff's homecoming. "No, it was a good win. And we're moving on now."

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

| | GP | W | L | OT | GF | GA | Pt |
|-----------|----|---|----|----|----|----|----|
| Tampa Bay | 11 | 8 | 3 | 0 | 39 | 31 | 16 |
| Toronto | 12 | 8 | 4 | 0 | 40 | 30 | 16 |
| Boston | 10 | 7 | 3 | 0 | 30 | 17 | 14 |
| Montreal | 12 | 7 | 5 | 0 | 35 | 22 | 14 |
| Detroit | 12 | 6 | 4 | 2 | 27 | 33 | 14 |
| Ottawa | 11 | 4 | 5 | 2 | 30 | 32 | 10 |
| Florida | 12 | 3 | 7 | 2 | 26 | 42 | 8 |
| Buffalo | 14 | 2 | 11 | 1 | 23 | 41 | 5 |

METROPOLITAN DIVISION

| | GP | W | L | OT | GF | GA | Pt |
|----------------|----|---|---|----|----|----|----|
| Pittsburgh | 12 | 8 | 4 | 0 | 38 | 29 | 14 |
| N.Y. Islanders | 11 | 4 | 4 | 3 | 35 | 36 | 11 |
| Carolina | 12 | 4 | 5 | 3 | 26 | 36 | 11 |
| Columbus | 11 | 5 | 6 | 0 | 31 | 29 | 10 |
| Washington | 11 | 5 | 6 | 0 | 32 | 35 | 10 |
| New Jersey | 11 | 2 | 5 | 4 | 24 | 36 | 8 |
| Philadelphia | 10 | 3 | 7 | 0 | 18 | 27 | 6 |
| N.Y. Rangers | 10 | 3 | 7 | 0 | 15 | 35 | 6 |

Monday's results

Chicago 5 Minnesota 1
Dallas 4 Buffalo 3
Montreal 2 N.Y. Rangers 0
Pittsburgh 3 Carolina 1
Washington at Vancouver

Sunday's results

Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Boston leads series 3-2)

Monday's result

Boston 3 St. Louis 1

Sunday's result

Boston 4 St. Louis 2

Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

Thursday's game

x-St. Louis (Kelly 10-5) at Boston (Peavy 12-5), 8:07 p.m.
x — played only if necessary.

WESTERN CONFERENCE

CENTRAL DIVISION

| | GP | W | L | OT | GF | GA | Pt |
|-----------|----|----|---|----|----|----|----|
| Colorado | 11 | 10 | 1 | 0 | 35 | 16 | 20 |
| Chicago | 12 | 7 | 2 | 3 | 39 | 33 | 17 |
| Minnesota | 13 | 6 | 4 | 3 | 30 | 31 | 15 |
| St. Louis | 9 | 6 | 1 | 2 | 35 | 23 | 14 |
| Nashville | 12 | 6 | 5 | 1 | 23 | 32 | 13 |
| Winnipeg | 13 | 5 | 6 | 2 | 32 | 37 | 12 |
| Dallas | 11 | 5 | 5 | 1 | 30 | 34 | 11 |

PACIFIC DIVISION

| | GP | W | L | OT | GF | GA | Pt |
|-------------|----|----|---|----|----|----|----|
| San Jose | 12 | 10 | 1 | 1 | 48 | 20 | 21 |
| Anaheim | 12 | 9 | 3 | 0 | 39 | 31 | 18 |
| Vancouver | 13 | 8 | 4 | 1 | 38 | 37 | 17 |
| Los Angeles | 12 | 8 | 4 | 0 | 35 | 30 | 16 |
| Phoenix | 12 | 7 | 3 | 2 | 40 | 36 | 16 |
| Calgary | 11 | 5 | 4 | 2 | 34 | 39 | 12 |
| Edmonton | 13 | 3 | 8 | 2 | 36 | 50 | 8 |

Note: Two points for a win, one point for an overtime/shootout loss.

San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Tuesday's games — All Times Eastern
Dallas at Montreal, 7 p.m.
Anaheim at Philadelphia, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Tampa Bay at New Jersey, 7:30 p.m.
Ottawa at Chicago, 8 p.m.
Winnipeg at St. Louis, 8 p.m.
Toronto at Edmonton, 9 p.m.
Los Angeles at Phoenix, 10 p.m.

MLS

Sunday's results

Houston 2 D.C. United 1
Los Angeles 1 Seattle 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
(End of Regular Season)

PLAYOFFS

KNOCKOUT ROUND

(Single-game elimination)

WESTERN CONFERENCE

Wednesday's game — All Times Eastern

Colorado at Seattle, 10:30 p.m.

EASTERN CONFERENCE

Thursday's game

Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|------------|----|----|----|---|-----|-----|----|
| y-Toronto | 17 | 11 | 6 | 0 | 487 | 435 | 22 |
| x-Hamilton | 17 | 9 | 8 | 0 | 416 | 461 | 18 |
| x-Montreal | 17 | 7 | 10 | 0 | 436 | 451 | 14 |
| Winnipeg | 17 | 3 | 14 | 0 | 354 | 548 | 6 |

WEST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|----------------|----|----|----|---|-----|-----|----|
| y-Calgary | 17 | 14 | 3 | 0 | 542 | 387 | 28 |
| x-Saskatchewan | 17 | 11 | 6 | 0 | 493 | 368 | 22 |
| x-B.C. | 17 | 10 | 7 | 0 | 478 | 454 | 20 |
| Edmonton | 17 | 3 | 14 | 0 | 391 | 493 | 6 |

x — clinched playoff berth.

y — clinched division.

Friday's games — All Times Eastern

Montreal at Toronto, 7 p.m.

Calgary at B.C., 10 p.m.

Saturday's games

Hamilton at Winnipeg, 2 p.m.

Edmonton at Saskatchewan, 5 p.m.

(End of Regular Season)

NFL

WEEK EIGHT

Monday's result

Seattle 14 St. Louis 9

Sunday's results

Arizona 27 Atlanta 13
Cincinnati 49 N.Y. Jets 9
Denver 45 Washington 21
Detroit 31 Dallas 30
Green Bay 44 Minnesota 31
Kansas City 23 Cleveland 17
New England 27 Miami 17
New Orleans 35 Buffalo 17
N.Y. Giants 15 Philadelphia 7
Oakland 21 Pittsburgh 18
San Francisco 42 Jacksonville 10
Thursday's result
Carolina 31 Tampa Bay 13

NBA

REGULAR SEASON

Tuesday's games — All Times Eastern

Orlando at Indiana, 7 p.m.

Chicago at Miami, 8 p.m.

L.A. Clippers at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

Taurus

April 21 - May 21

You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

Gemini

May 22 - June 21

Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

Cancer

June 22 - July 23

You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

Leo

July 24 - Aug. 23

Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

Virgo

Aug. 24 - Sept. 23

You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

Libra

Sept. 24 - Oct. 23

Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

Scorpio

Oct. 24 - Nov. 22

The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

Sagittarius

Nov. 23 - Dec. 21

Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

Capricorn

Dec. 22 - Jan. 20

Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

Aquarius

Jan. 21 - Feb. 19

What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

Pisces

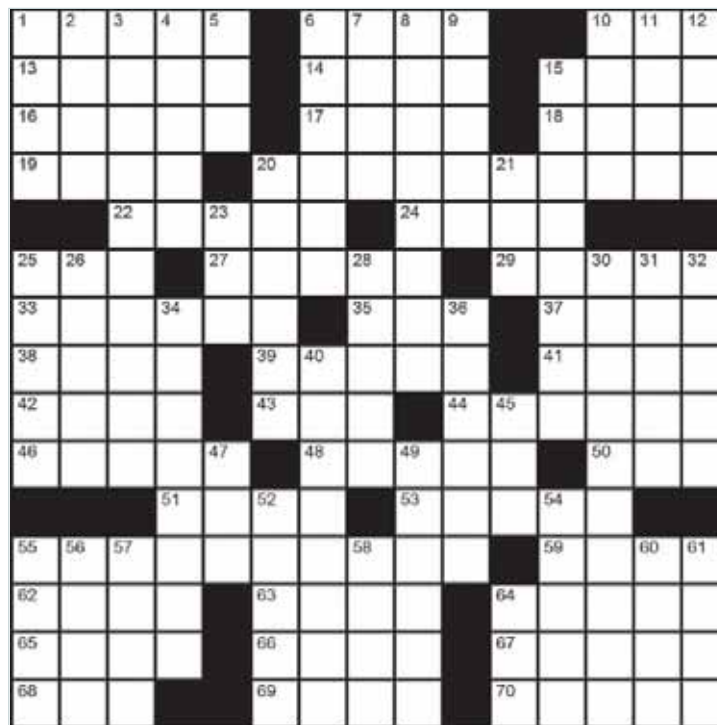
Feb. 20 - March 20

You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. ___ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato ___
29. 1861 George Eliot novel, ___ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "___ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts



50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure

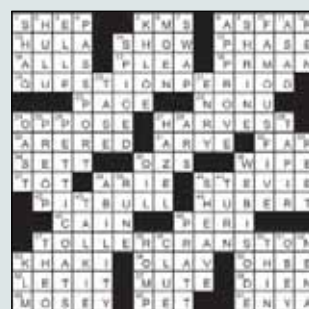
63. Baltic Sea feeder
64. ___ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morph-

- osis'
 70. Popular plants
- Down**
1. Ms. McEntire
 2. Freshly
 3. Vancouver Island: ___ Provincial Park
 4. Laboratory dish
 5. Century components, curtly

6. Restricts
7. ___ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.⁹
9. ___ (Microsoft founder, fun-style)

10. "Voila!"
11. ___ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "___ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever ___"
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and ___
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword

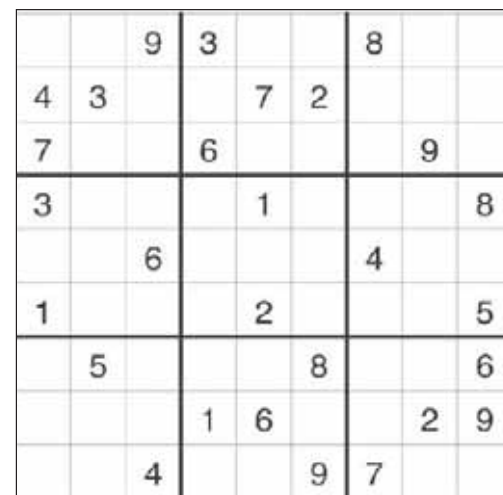


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 6°
MIN: -8°



MAX: 7°
MIN: 0°



MAX: 6°
MIN: -1°

ANDREW SCHULTZ METEOROLOGIST

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Pacific Place

Sunridge Mall

1353 32nd Ave. NE

2520 23rd St. NE

Rocky View

CrossIron Mills

Southwest

Bankers Hall

Bow Valley Square

Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

321 6th Ave. SW

2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

7845 Flint Rd. SE

Airdrie

2145 Summerfield Blvd.

Strathmore

55 Wheatland Trail

331 3rd Ave.

Okotoks

31 Southridge Dr.

118 Elizabeth St.

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